IN THE CIRCUIT COURT FOR THE THIRTEENTH JUDICIAL CIRCUIT
LASALLE COUNTY, ILLINOIS

People of the State of Illinois, Plaintiff,	)	
Vs.	)	NO. 2013-CF-18
Stephen M. Cullinan Defendant,	)	

SUBPOENA

TO: Julia C. Eickmeier
2831 4th Street; Lot 13
Peru, IL 61354

YOU ARE COMMANDED to appear to testify before the Honorable Cynthia M. Raccuglia, in her courtroom, second floor, at the LaSalle County Criminal Justice Center, 707 Etna Road, Ottawa, Illinois, on January 11, 2018, at 12:30 P.M. for Petition To Revoke Probation Hearing.

YOU ARE COMMANDED ALSO to bring the following in your possession or control: N/A

YOUR FAILURE TO APPEAR IN RESPONSE TO THIS SUBPOENA WILL SUBJECT YOU TO PUNISHMENT FOR CONTEMPT OF THIS COURT.

THIS SUBPOENA WILL BE ENFORCED THROUGHOUT THE ENTIRE CRIMINAL PROCEEDING AND HEARING.

UPON RECEIPT, PLEASE CONTACT KARA MCCONVILLE, (815-434-8340) TO VERIFY APPEARANCE DATE AND TIME.

Witness 11-17-17

Greg Vaccaro
CLERK OF COURT
(SEAL OF COURT)

KAREN DONNELLY, State's Attorney
Attorney for the People of the State of Illinois
LaSalle County Criminal Justice Center
Ottawa, Illinois 61350
Telephone: (815-434-8340)

I, _____ served this subpoena by handing a copy to _____ on _____. I paid the witness $_____ for witness and mileage fees. Signed and sworn to before this _____ day of _____.

POLICE OFFICER/PROCESS SERVER

IN THE CIRCUIT COURT FOR THE THIRTEENTH JUDICIAL CIRCUIT
LASALLE COUNTY, ILLINOIS

People of the State of Illinois,	)	
Plaintiff,	)	
	)	
Vs.	)	NO. 2013-CF-18
Stephen M. Cullinan	)	
Defendant,	)	

SUBPOENA

TO: Julia C. Eickmeier
2831 4th Street; Lot 13
Peru, IL 61354

YOU ARE COMMANDED to appear to testify before the Honorable Cynthia M. Raccuglia, in her courtroom, second floor, at the LaSalle County Criminal Justice Center, 707 Etna Road, Ottawa, Illinois, on August 24, 2017, at 12:30 P.M. for Petition To Revoke Probation Hearing.

YOU ARE COMMANDED ALSO to bring the following in your possession or control: N/A

YOUR FAILURE TO APPEAR IN RESPONSE TO THIS SUBPOENA WILL SUBJECT YOU TO PUNISHMENT FOR CONTEMPT OF THIS COURT.

THIS SUBPOENA WILL BE ENFORCED THROUGHOUT THE ENTIRE CRIMINAL PROCEEDING AND HEARING.

UPON RECEIPT, PLEASE CONTACT KARA MCCONVILLE, (815-434-8340) TO VERIFY APPEARANCE DATE AND TIME.

Witness 8-8-17

Greg Vaccaro
CLERK OF COURT
(SEAL OF COURT)

KAREN DONNELLY, State's Attorney
Attorney for the People of the State of Illinois
LaSalle County Criminal Justice Center
Ottawa, Illinois 61350
Telephone: (815-434-8340)

I, _____ served this subpoena by handing a copy to _____ on _____. I paid the witness $_____ for witness and mileage fees. Signed and sworn to before this _____ day of _____.

_____
POLICE OFFICER/PROCESS SERVER

KOTECKI'S SERVICE INC
1909 St. Vincents Ave.
LA SALLE, IL 61301
Day (815) 223-7335 8AM-5PM
Night (815) 343-7800 5PM-8AM

ROAD SERVICE

TIME OF CALL A.M. P.M.	DATE IN	DATE OUT	TIME START A.M. P.M.	TIME FINISH A.M. P.M.	REQUESTED BY	P.O./CASE #	OFFICER NAME
	6/14/17				OWNER		

NAME: JULIA EICHMEIER
PHONE #: (815) 876-7479
ADDRESS: 2830 FOURTH ST #17
CITY: PERU
STATE: IL
ZIP: 61354
YEAR: 2009
MAKE/MODEL: CHEVY/COBOLT
COLOR: SILVER
ODOMETER:
DRIVER:
MARKER PLATE #: H51984
STATE: IL
VIN #: 1G1AT58H397191834
REGISTERED OWNER:
LOCATION OF VEHICLE: STARBUCKS / RT 251 / PERU
TOWED TO: 5255 IL 251
INSPECTED BY INSURANCE CO.:
APPRAISER NAME:
DATE:
DRIVER:
RELEASED BY:
DATE:
PHONE #:

REASON FOR TOW
- ☐ ACCIDENT
- ☐ BREAK DOWN
- ☐ ABANDONED
- ☐ UNREGISTERED
- ☐ NO START
- ☐ OUT OF GAS
- ☒ FLAT TIRE
- ☐ FIRE LANE
- ☐ LOCK OUT
- ☐ NO TRESPASS
- ☐ TOW ZONE
- ☐ ARREST
- ☐ STOLEN
- ☐ IMPOUNDED
- ☐ SNOW REMOVAL
- ☐ _____

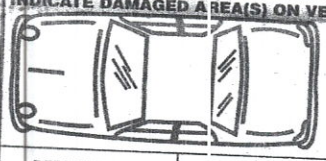
TYPE OF TOW
- ☐ SLING/HOIST
- ☒ FLAT BED/RAMP
- ☐ WHEEL LIFT
- ☐ _____

TOWED PER ORDER OF
- ☐ STATE POLICE
- ☐ LOCAL POLICE
- ☒ OWNER OF A CAR
- ☐ DEALER

PERSONAL'S TAKEN BY:
DATE:
PHONE#:

VEHICLE STORAGE TIME
FROM _____ TO _____ DAYS @ $_____

INDICATE DAMAGED AREA(S) ON VEHICLE:



KEYS LEFT Y N
RADIO Y N

SPECIAL EQUIPMENT USED
- ☐ WINCH
- ☐ FLARES
- ☐ DOLLIES
- ☒ SCOTCH BLOCKS
- ☐ RAMPS
- ☐ _____
- ☐ SNATCH BLOCKS
- ☐ _____

OTHER SERVICES
- ☐ SWEEP
- ☐ FIRST AID
- ☐ REMOVE AXLE
- ☐ SECURE LOOSE PARTS

MILEAGE
FINISH _____
START _____
TOTAL _____

LABOR TIME
FINISH _____
START _____
TOTAL _____

EXTRA PERSON
FINISH _____
START _____
TOTAL _____

TOWING CHARGE	50	00
MILEAGE		
LABOR		
EXTRA PERSON		
SPECIAL EQUIPMENT		
STORAGE		
SUBTOTAL		
TAX		
TOTAL	50	00

METHOD OF PAYMENT
☐ CASH ☐ CHECK DRIVER'S LIC. _____
☐ MasterCard ☐ VISA ☐ American Express EXP. DATE _____
CREDIT CARD # _____

AUTHORIZED SIGNATURE: X _____ DATE _____
I agree to hold this company harmless for any damages due to towing or services rendered.

DRIVER SIGNATURE: _____ DATE _____
DRIVER # _____ TRUCK # _____

We cannot be responsible for damages caused by faulty tires, bumper brackets, etc. This company assumes no responsibility for loss or damage by theft, fire or any other cause beyond our control, to any vehicle placed with them or storage or repair.

© 2011 GHC Specialty Brands, LLC.

THANK YOU!

PRODUCT 8760-3

14665

KAREN DONNELLY
STATE'S ATTORNEY

OFFICE OF THE
STATE'S ATTORNEY
LASALLE COUNTY, ILLINOIS

LASALLE COUNTY GOVERNMENTAL COMPLEX
707 ETNA ROAD, SUITE 251
OTTAWA, IL 61350

(815) 434-8340
Fax (815) 434-8357

July 20, 2017

Julia Eickmeier
2830 4th St. Lot 13
Peru, Il 61354

Re: People of the State of Illinois vs. Stephen Cullinan
LaSalle County Case No. 2013-CF-18
Charge: Criminal Damage to Property
Date of offense: July 12, 2017

Dear Ms. Eickmeier:

In cases involving property damage, stolen property, or medical bills incurred by the victim, we will put forth every effort to obtain court-ordered restitution. In order to complete our file it is necessary that we determine the exact amount of restitution due.

Please forward the attached form to the attention of Kara McConville, which includes the defendant's name, case number, an accounting of your losses, copies of any bills you have incurred as a result of this incident as well as documentation of any payments received from insurance.

Court guidelines state that all bills regarding restitution must be submitted prior to the court date. Therefore, any bills relating to restitution must be submitted by **August 1, 2017. If we have not received the bills and/or insurance information by this date, we will not be able to seek restitution on your behalf.**

Although it is our intent to collect restitution, we cannot always guarantee this can be done. If you have any questions please do not hesitate to call.

Sincerely yours,

Kara McConville
Victim Assistant

KAREN DONNELLY
STATE'S ATTORNEY

OFFICE OF THE
STATE'S ATTORNEY
LASALLE COUNTY, ILLINOIS

LASALLE COUNTY GOVERNMENTAL COMPLEX
707 ETNA ROAD, SUITE 251
OTTAWA, IL 61350

(815) 434-8340
Fax (815) 434-8357

July 19, 2017

Julia Eickmeier
2830 4th St.
Lot 13
Peru, Il 61354

Re: People vs. Stephen Cullinan
LaSalle County Case No: 13-CF-18
Date of offense: July 12, 2017

Dear Ms. Eickmeier:

This letter is to inform you that this office has begun criminal proceedings in the above case. The defendant is charged with criminal damage to property. The defendant will appear in Court on August 3, 2017 for an appearance with counsel. You need not appear at this time.

The phone number I have for you is (815)876.7479. If you prefer contact on another phone, please contact me with that number. All inquiries and correspondence should refer to the case number and the defendant's name listed above. You will be notified by mail of all future court dates during the course of this case.

If you have any questions regarding the above-information, please do not hesitate to contact me at the above phone number. You will be notified by mail of all future court dates during the course of this case. Thank you for your cooperation in this matter.

Sincerely,

Kara McConville
Victim Assistant

LASALLE COUNTY STATE'S ATTORNEY
KAREN DONNELLY
13th Judicial Circuit
707 East Etna Road, Room 251
Ottawa, IL 61350
Phone (815) 434-8340 / Fax (815) 434-8357

RESTITUTION INFORMATION

As the victim in this case, you may be eligible for restitution. To collect restitution, the Court needs to have an accurate accounting of your loss. **PLEASE UNDERSTAND THAT THERE IS NO GUARANTEE THAT THE COURT WILL AWARD THE AMOUNT YOU REQUEST. HOWEVER, WE WILL MAKE EVERY EFFORT POSSIBLE TO SEE THAT YOU ARE COMPENSATED FOR YOUR LOSS IN THE AMOUNT YOU HAVE REQUESTED.**

Attached is a form for you to complete. We highlighted those areas that you need to complete. We cannot obtain restitution unless you have returned the completed form to us. **We ask that you return the form even if you are not seeking restitution.**

Please note the following:

FORGERY & UNLAWFUL USE OF CREDIT/DEBIT CARD: Attach copies of ALL bank statements and bank correspondence and/or credit card statements and company correspondence.

PROPERTY DAMAGE: Attach a repair bill or two (2) repair estimates. Without these, you might not receive restitution.

MEDICAL EXPENSE: Attach copies of ALL medical bills. If you anticipate additional bills, please indicate that on the form.

INSURANCE: You must indicate and supply documentation for any payments received from your insurance company and/or the defendant's insurance company.

LOST WAGES/PAIN AND SUFFERING: By law we cannot collect this for you. You must file a civil suit if you want theses damages.

If you have any additional questions about the form, please call us. Return the completed form, any estimates or bills, and any additional information to us by August 1, 2017

WE CANNOT PROCESS ANY RESTITUTION REQUESTS AFTER THIS DATE.

Mail to:
Katy Mueller or Kara McConville
LaSalle County State's Attorney's Office
707 East Etna Road, Room 251
Ottawa, IL 61350
(815) 434-8340 /e-mail bloughridge@lasallecounty.com

RESTITUTION

Victim's Name Julie Eickmeier Julia

Victim's Address 2830 4th St.

PEru, Il 61354

Victim's Phone 815.224.2700 ← This is not my #, it's (1815 876 7479)

Defendant's Name Stephen Cullinan Case Number 13-CF-18

If you **are requesting** restitution, an accurate accounting of your loss must be presented to the Court by completing and mailing this form to the address above. If you have any questions or need help in completing this form, please contact Victim Services at (815) 434-8340.

TO OBTAIN RESTITUTION THIS FORM MUST BE RETURNED BY: 8/1/17

Please be as specific as possible as to the items you lost or the damage you suffered. **Please enclose copies of bills, receipts or estimates to assist the Court.** Without these, you MAY NOT receive restitution from the court. If you need more space, please use the reverse side.

PROPERTY STOLEN		
ITEM	DATE PURCHASED	VALUE WHEN STOLEN
1.		$
2.		
3.		
4.		
5.		

***DID THE BANK AND/OR CREDIT CARD COMPANY REIMBURSE YOU FOR THE FRAUDULENT TRANSACTIONS?** _____

FORGERY & UNLAWFUL USE OF DEBIT/CREDIT CARD			
LOCATION	DATE	CHECK# / CARD TYPE (Ex: Visa, Discover, etc..)	AMOUNT OF TRANSACTION
1.			$
2.			
3.			
4.			
5.			

Tire slashed. approx 81.00 to replace.
It was replaced by Julie Cullinan, stephan Cullinan's mother.
There was a $50.00 towing fee from Koteckis towing which I mailed out to

815876 7479

*Is the defendant's insurance company covering the cost of repairing your vehicle/property damages? _____ *

PROPERTY DAMAGES	(Including towing, costs, etc.)	REPAIR BILLS/ESTIMATE
ITEM (Description)		$
1.		
2.		
3.		
4.		
5.		

MEDICAL EXPENSES	AMOUNT
ITEM	$
1. DOCTOR FEES	
2. HOSPITAL FEES	
3. AMBULANCE FEES	
4. OTHER (Specify)	
5. OTHER (Specify)	

Total amount you are requesting to be reimbursed: $ 250.00

PLEASE NOTE: Our office can only request out of pocket expenses. Please indicate your insurance company and deductible in order to process this request.

Insurance Company/Agent (if you have coverage) _____

Their Phone Number _____ Amount of your deductible $ _____

Under penalties as provided by law pursuant to Section 1-109 of the Code of Civil Procedure, I declare the above information to be true and correct. (Please sign & date)

Signature Julio Estimoci **Date** July 31, 2017.

July 28, 2017

Kara McConville
Victims Assistant:

In reference to:
People of the State of Illinois vs. Stephan Cullinan
LaSalle County Case No. 2013-CF-18
Charge: Criminal Damage to Property
Date of offense: July 12, 2017

Dear Mrs. McConville:

I would like to address this matter with you as it appears there is a deadline that you will need all pertinent information by which surrounds this case regarding my friend Stephan.

The Peru Police have informed me on several instances during the week this occurred, that he is a dangerous person, not on medicine, who needs to be (for schizophrenia and psychosis); and that I need to obtain and order of protection for myself to protect against him. This was not agreed on by my attorney as there are other matters via civil court that I have going on which brining this case up may interfere with.
The police used the reason, that they told me to get an op against Steve, as a reason to support them not arresting him at the scene of the incident. There were approximately 6 supporting witnesses, about 5 who witnessed the tire slashing occur at Starbucks that afternoon. The officer who arrived at the scene of the crime, took pictures of the tire, as did I prior to him arriving. The officer mentioned that he had enough evidence and witnesses who saw the crime occur, to make an arrest but none was made. I went to the police station a few days later to talk about things and ended up speaking with Amy sines, one of their staffing. She informed me again that she believed Cullinan was dangerous as he was not on his meds and that he was on a criminal rampage, having committed more criminal acts at surrounding vicinities. I was made aware by Steve that he may have been purposefully committing these acts to get himself throwing in jail so he didn't feel like killing anybody. I relayed this information to the police.

Julie Cullinan, Stephan's mom informed me that Stephan was not on his meds and she believed he was having a psychotic break. She stated that she wanted him to get help but was on the verge of throwing him out because he was becoming more angry, violent towards he and refusing to get back on his medication.

Peru pd officer Mrs. Amy Sines informed me that either they were going to have to make an arrest or get him to a psych Doctor.

I was growing more fearful of him being a danger, not only to himself and others close to him, but also a danger and threat to society as the public was becoming more aware.

A few days later, I went back to Starbucks, where Cullinan happened to be after I was there about five minutes in. I had to have the police come escort me out of there after hiding in the bathroom to call

them because I was afraid for my safety.
There were four officers there that time, and it was mentioned to me by one of them that indeed, he was a dangerous person but instead this time they said they were awaiting the states attorney permission to do anything. I called later to see about how the matter was doing, and officer Brian Anderson told me that more calls were being made about him committing acts at Hy-Vee, and other local businesses. It is a shame that the police who knowingly admitted how dangerous this suspect is, would take takes measures accordingly to keep the peace and serve to protect the people when they had viable evidence and witness's testimony available to make an arrest and go from there. I believe they were trying to take it easy on him out of respect for his mom, Julie, working for YSB, located in Ottawa IL.

I have personally witnesses Steve becoming abhorrently violent with his mother on a near regular basis especially with the onset of him stopping taking his medication. He is a volcano ready to erupt. I sincerely fear for his mother's safety and believe she may need assistance on a personal level with him. He is hard to handle.

She and her boyfriend helped me replace the tire the day after the incident occurred. I had become close with him family during the 2-3 years we were friends. Getting off his medication really spoiled things but things weren't all okay necessarily before that either .I just didn't know how bad the underlying problem was at first.

All I have left which I was not compensated for was the towing cost to have Kotecki's towing service come and change my tire so I can get home temporarily.

If you would like to contact me for any further details, I am able to provide proof via pictures of the tire he slashed, contact info of viable witnesses of the act.

Also, the night after me getting escorted out of Starbucks by Peru police, someone threw a boulder through the window in the middle of the night, which they claim they were not able to spot the suspect on a camera, but I highly believe without a doubt in my mind that it was Steve and don't think that should go overlooked by the city.

Again, if you have any questions at all, don't hesitate to contact me at:

(815)-876-7479

Sincerely Yours,

KAREN DONNELLY
STATE'S ATTORNEY

OFFICE OF THE
STATE'S ATTORNEY
LASALLE COUNTY, ILLINOIS

LASALLE COUNTY GOVERNMENTAL COMPLEX
707 ETNA ROAD, SUITE 251
OTTAWA, IL 61350

(815) 434-8340
Fax (815) 434-8357

July 20, 2017

Julia Eickmeier
2830 4th St. Lot 13
Peru, Il 61354

Re: People of the State of Illinois vs. Stephen Cullinan
LaSalle County Case No. 2013-CF-18
Charge: Criminal Damage to Property
Date of offense: July 12, 2017

Dear Ms. Eickmeier:

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Please forward the attached form to the attention of Kara McConville, which includes the defendant's name, case number, an accounting of your losses, copies of any bills you have incurred as a result of this incident as well as documentation of any payments received from insurance.

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Although it is our intent to collect restitution, we cannot always guarantee this can be done. If you have any questions please do not hesitate to call.

Sincerely yours,

Kara McConville
Victim Assistant

KAREN DONNELLY
STATE'S ATTORNEY

OFFICE OF THE
STATE'S ATTORNEY
LASALLE COUNTY, ILLINOIS

LASALLE COUNTY GOVERNMENTAL COMPLEX
707 ETNA ROAD, SUITE 251
OTTAWA, IL 61350

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July 19, 2017

Julia Eickmeier
2830 4th St.
Lot 13
Peru, Il 61354

Re: People vs. Stephen Cullinan
LaSalle County Case No: 13-CF-18
Date of offense: July 12, 2017

Dear Ms. Eickmeier:

This letter is to inform you that this office has begun criminal proceedings in the above case. The defendant is charged with criminal damage to property. The defendant will appear in Court on August 3, 2017 for an appearance with counsel. You need not appear at this time.

The phone number I have for you is (815)876.7479. If you prefer contact on another phone, please contact me with that number. All inquiries and correspondence should refer to the case number and the defendant's name listed above. You will be notified by mail of all future court dates during the course of this case.

If you have any questions regarding the above-information, please do not hesitate to contact me at the above phone number. You will be notified by mail of all future court dates during the course of this case. Thank you for your cooperation in this matter.

Sincerely,

Kara McConville
Victim Assistant

emergency department billing information for sexual assault victims

Sexual assault patients who receive treatment in a hospital emergency department (ED) should NEVER be billed directly for any portion of services provided directly by the hospital.

How does it work?

The Illinois Sexual Assault Program (ISAP) is a payor of last resort. If you inform the hospital of your private insurance coverage, your insurance company will be billed first. If there is still a balance after insurance has paid their portion, that bill should be submitted to ISAP for the remaining cost at the Medicaid rate.

- **This program applies to anyone who is diagnosed by an ED physician with sexual assault and seeks emergency services from a hospital. You are not required to have filed a police report or press charges.**
- **If you have Medicaid or private insurance (HMO/PPO), your Emergency Department care should be paid through those programs. The Illinois Sexual Assault Program will pay all the expenses that are not covered by your insurance company, including your insurance co-pay.**
- **If you do not have any health coverage at all, the Illinois Sexual Assault Program will cover the entire amount and the hospital should bill the State of Illinois directly.**
- **All Emergency Department costs relating to the sexual assault medical care you receive are covered, including staff time, costs relating to evidence collection, and medication administered in the ED. Additional providers such as, ambulance transport and lab costs may or may not bill you for the remainder of the bill beyond the Medicaid rate that is reimbursed by the state.**
- **In order for follow-up medical care to be paid by the state, you must go back to the Emergency Department where you were originally seen unless the hospital issues a voucher at the time of the visit.**
- **The ISAP is NOT the same as Crime Victims Compensation (CVC). CVC is a voluntary program that covers a variety of crimes and may be used to pay for costs incurred other than emergency care. Victims apply for CVC on their own or with assistance from the local rape crisis center.**

What do I do if I receive a bill?

Should you receive a bill at any point after your visit to the Emergency Department for treatment of a sexual assault, you were billed in error. Do not pay the bill. You can either: call the Sexual Assault Services Department of the YWCA of Metropolitan Chicago, Patterson and McDaniel Family Center to speak to a Victim Services Advocate; call the hospital billing department yourself and share the information on this form; or call the Illinois Sexual Assault Program directly at 217-782-3303.

YWCA Patterson and McDaniel
Family Center
55 E. North Ave.
Glendale Heights, IL 60139
Office: 630-790-6600 ext. 1405
24-Hour Rape Crisis Hotline:
630-971-3927

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ywca

SAFE HOMES ACT & VESSA

VESSA - Victims' Economic Security and Safety Act

How Does VESSA Help?

The Victims' Economic Security and Safety Act (VESSA) allows employees who are victims of domestic or sexual violence (or who have family or household members who are victims of such violence) to take up to twelve weeks of unpaid leave (per any twelve month period) to seek medical help, legal assistance, counseling, safety planning, and other assistance.

The Act also prohibits employers from discriminating against employees who are victims of domestic or sexual violence or who have family or household members who are victims of domestic or sexual violence.

Who is covered by VESSA?

You are covered by VESSA if:

- You are a victim of domestic or sexual violence, OR you need to help a family or household member who is a victim of domestic or sexual violence
- You are a full-time or part-time employee of a covered employer

An employee may take VESSA leave to:

- Seek **medical attention** for, or recover from, physical or psychological injuries caused by domestic or sexual violence to the employee or employee's family or household member
- Obtain **victim services** for the employee or employee's family or household member
- Obtain psychological or other **counseling** for the employee or the employee's family or household member
- Participate in **safety planning**, including temporary or permanent relocation or other actions to increase the safety of the victim from future domestic or sexual violence
- Seek **legal assistance** to ensure the health and safety of the victim, including participating in court proceedings related to the violence.

How do I take VESSA leave?

- Must inform employer within 48 hours before the time needed off
- The employer may ask for proof or certification through:
  - Sworn statement
  - Documentation from a **victim services organization**, attorney, member of the clergy, or medical professional from whom the employee or the employee's family or household member has sought assistance

Your employer must keep all this information **CONFIDENTIAL** unless you give your employer permission to share it or unless the law requires your employer to share information.

Side Effects

You might find yourself feeling queasy and some women throw up after taking emergency contraceptive pills. You might also get a headache, feel tired or dizzy, have some lower abdominal pain, or find your breasts are more tender than usual. If you do feel this way, it should stop within a day or two. Some women also find that the pills cause unexpected bleeding; this is not dangerous and should clear up by the time you have your next period. Emergency contraception might also cause your next period to come early or late.

Emergency contraception may not prevent ectopic pregnancy. An ectopic pregnancy is one that develops outside the uterus. It must be treated to prevent complications that may be fatal.
If you think you may have an ectopic pregnancy, get medical attention immediately.
Signs of ectopic pregnancy include:

- severe pain on one or both sides of the lower abdomen
- abdominal pain and spotting, especially after a very light or missed menstrual period
- feeling faint or dizzy

If you have any questions or are experiencing any side effects regarding emergency contraception call your health care provider or the emergency department where you received the medication.

For more information on emergency contraception visit the following websites:
Office of Population Research at Princeton University:
ec.princeton.edu/emergency-contraception.html

Illinois Department of Public Health: www.idph.state.il.us/about/ec_brochure.htm

Planned Parenthood: www.plannedparenthood.org

Women's Health Care Centers

Aanchor Health Center 1186 Roosevelt Road Glen Ellyn, IL 60137 630-495-4400 888-910-4400 www.aanchorhealthcenter.com **ACU Health Center** 736 N. York Road Hinsdale, IL 60521 630-794-0645 888-794-8822 www.acuhealthcenter.com **Advantage Health Care** 203 E. Irving Park Road Wood Dale, IL 60191 630-595-1515(888-795-1515 www.advantagehealthcareltd.com **Access Health Care** 1700 75th Street Downers Grove, IL 60516 630- 964-0000 800 403-3033 www.accesshealthcenter.net	**Services Offered** Abortion services Pregnancy testing Gynecological Birth Control Emergency Contraception STD testing & treatment

eliminating racism
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ywca

YWCA Metropolitan Chicago
Patterson and McDaniel Family Center
55 E. North Ave.
Glendale Heights, IL 60139

T: 630-790-6600
F: 630-790-8024
www.ywcachicago.org

The YWCA is an organization made up of people dedicated to supporting victims of sexual assault. We hope to offer compassion and kindness during this difficult time.

We would greatly appreciate you taking a few minutes to complete this evaluation. Your comments and suggestions can further our on-going goal to meet the needs of survivors of sexual assault.

1. How was the advocate of most help to you?

2. Is there anything we could have done to make you feel more comfortable?

3. At any time, were you uncomfortable with the YWCA advocate?
   If yes, please comment.

4. Do you have any additional suggestions for us?

Thank you for your time.

Please mail this evaluation to:
YWCA Patterson and McDaniel Family Center
SVSS Dept.
55 E. North Ave.
Glendale Heights, IL 60139

DuPage County Health Department

The STD Clinic is located at:

111 N County Farm Rd
Wheaton, Illinois
60187

HOURS:

Monday & Wednesday
2:00pm - 7:00pm

BY APPOINTMENT ONLY

Please call (630) 682-7400 to make your appointment.

Sexually-Transmitted Diseases

When survivors of sexual assault are seen in ED's they are **not** given a HIV test at the hospital, but the hospital recommends that they get screened. A screening includes a series of three STD tests: a base line test right after the assault, and follow up tests at 3 and 6 months.

- ✓ The STD Clinic provides screening, diagnosis, treatment, counseling and referral.
- ✓ Services are provided to any person 12 years of age and older **regardless of county of residence**.
- ✓ Victims should have a complete STD screening which includes HIV
- ✓ The fee for testing is normally $50, but financial assistance is available for crime victims.
- ✓ A test can detect HIV in 10 -14 days after exposure and they recommend one additional screening at 3 months.
- ✓ All clients are screened for:
  - Chlamydia
  - Gonorrhea
  - Syphilis
  - HIV
- ✓ Immunizations provided for:
  - HPV
  - Hepatitis A and B
- ✓ Clients receive a physical exam by a physician and may be screened for other infections as determined by the physician.

☒ *Anonymous* testing is consented voluntary testing conducted without a client's identifying information being linked to testing or medical records, including the request for testing or test results. The provider cannot link the client's test result to the client by name. Therefore, if the client does not return for test results, the provider will not be able to contact the client with those results.

☒ *Confidential* testing is consented voluntary testing conducted with client's information documented in client's record. This information may include name, address and locating information. This information is used to promote receipt of test results and linkage to follow-up counseling and referral for needed services

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A Guide to Illinois' Civil No Contact Order

What is a Civil No Contact Order?
A Civil No Contact Order (CNCO) is a court order that requires a sex offender to stay away from the person he/she sexually assaulted or sexually abused.

Who can ask for a CNCO?
Any person, regardless of age, who has been sexually touched in a way that he or she did not agree to. You do not need to have a relationship with the offender to get a CNCO.

Do I need a police report to get a CNCO?
No. A judge can issue a CNCO based on your words alone. If you have witnesses, a police report, photographs of injuries, or medical bills/records, bring them with you when you go to court. They may help your case.

Do I need to hire a lawyer?
No. You can hire a lawyer, but most people obtain a CNCO on their own or with help from a rape crisis center.

Who can help me obtain a CNCO?
A rape crisis center advocate can help you fill out the form, accompany you to court, answer your questions, and provide support.

How do I ask for a CNCO?
Go to the Circuit Clerk's Office and ask for CNCO forms. You will need to fill out the forms and give them to the clerk who will file them with the court.

What will the CNCO do?
The CNCO will require the offender to stay away from you. The offender may be ordered to stay away from your home, your school, and/or your job and the offender also may be ordered to not contact you by telephone, email, letters, or by any other way.

Crime Victim Compensation:
Frequently Asked Questions

Violent crime is a senseless, often random act, and we see far too much of it in today's society. It is no longer enough to ensure that offenders receive punishment under the law. Victims and their families need support as they attempt to rebuild lives torn apart by tragedy.

Lisa Madigan
Illinois Attorney General

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These Frequently Asked Questions do not cover every situation. For all requirements and complete information, consult the Crime Victims Compensation Act, 740 ILCS 45/1 et seq. at www.ilga.gov.

• • •

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What is the Crime Victims Compensation Act?

The Illinois Crime Victims Compensation Act provides eligible victims of violent crime with up to $27,000 in financial assistance for certain out-of-pocket expenses resulting from the crime.

Who is a Crime Victim?

- A person killed or injured in Illinois as a result of a violent crime.
- The parent of a person killed or injured in Illinois as a result of a violent crime.
- A person killed or injured in Illinois while attempting to assist a crime victim.
- An individual who personally witnessed a violent crime in Illinois.
- An Illinois resident who became a victim of a violent crime in a country that does not have a compensation fund for crime victims.
- A person under the age of 18 who is the brother, sister, half brother, half sister, child or stepchild of a person killed or injured in Illinois (for mental health treatment only).

What is a Violent Crime for Purposes of the Compensation Program?

- First Degree Murder
- Second Degree Murder
- Involuntary Manslaughter
- Reckless Conduct
- Child Pornography
- Domestic Battery
- Battery
- Assault
- Hate Crime
- Stalking
- Kidnapping
- Arson
- Criminal Sexual Assault
- Criminal Sexual Abuse
- Exploitation of a Child
- Violation of Order of Protection
- Driving Under the Influence
- Hit and Run of Pedestrians

What Must the Claimant Do to Be Eligible for Compensation?

✓ Notify law enforcement. Typically, notification must occur within 72 hours of the crime or within 7 days for sexual assaults. A victim can also get an Order of Protection, a Civil No Contact Order or complete a sexual assault evidence collection kit.

✓ File an application within 2 years of the date of the crime or within 1 year of the criminal indictment, whichever is later.

✓ Cooperate with law enforcement officials in the apprehension and criminal prosecution of the offender. However, it is not necessary for an offender to be apprehended for a victim to be eligible for the Compensation Program.

✓ Cooperate with the Office of the Illinois Attorney General and submit and verify information about the crime victim's compensation claim.

✓ The victim must not have contributed to his/her injury by: engaging in a wrongful act, being the offender or accomplice of the offender, or substantially provoking the incident.

✓ An individual is not eligible to be paid compensation until the victim is released from probation, parole, mandatory supervised release for a felony or from a correctional institution. However, the claim must still be filed within 2 years of the date of the crime or 1 year of the criminal indictment, whichever is later.

NCTSN The National Child Traumatic Stress Network

In partnership with: NCSBY

Sexual Development and Behavior in Children

Information for Parents and Caregivers

Your five-year-old daughter is playing in her room with a couple of friends. You hear a lot of giggling and squealing.

When you open the door to check on the kids, you find them sitting on the floor with their panties off, pointing at and touching each other's genitals.

What do you do?

Every day, parents around the world are faced with situations like this. Being caught off-guard by young children's self-exploration and curiosity about body parts and sexual issues is one of the uncomfortable realities of parenting, and can raise a host of troubling questions, such as, "Is my child normal?" "Should I be worried?" "What should I say?"

Although talking with children about bodily changes and sexual matters may feel awkward, providing children with accurate, age-appropriate information is one of the most important things parents can do to make sure children grow up safe, healthy, and secure in their bodies.

Sexual Development and Behavior in Young Children: The Basics

Like all forms of human development, sexual development begins at birth. Sexual development includes not only the physical changes that occur as children grow, but also the sexual knowledge and beliefs they come to learn and the behaviors they show. Any given child's sexual knowledge and behavior is strongly influenced by:

- The child's age[1-3]
- What the child observes (including the sexual behaviors of family and friends)[4]
- What the child is taught (including cultural and religious beliefs concerning sexuality and physical boundaries)

"Young people do not wake up on their thirteenth birthday, somehow transformed into a sexual being overnight. Even young children are sexual in some form."[5]

Heather Coleman, PhD & **Grant Charles, PhD**
University of Calgary, Alberta, Canada and The University of British Columbia, Vancouver, B.C.

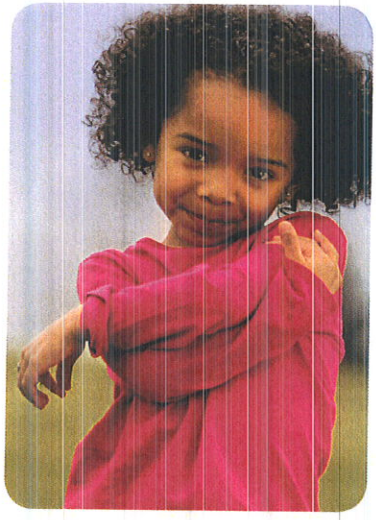
Very young and preschool-aged children (four or younger) are naturally immodest, and may display open—and occasionally startling—curiosity about other people's bodies and bodily functions, such as touching women's breasts, or wanting to watch when grownups go to the bathroom. Wanting to be naked (even if others are not) and showing or touching private parts while in public are also common in young children. They are curious about their own bodies and may quickly discover that touching certain body parts feels nice. (For more on what children typically do at this and other ages, see **Table 1.**)

As children age and interact more with other children (approximately ages 4–6), they become more aware of the differences between boys and girls, and more social in their exploration. In addition to exploring their own bodies through touching or rubbing their private parts (masturbation), they may begin "playing doctor" and copying adult behaviors such as kissing and holding hands. As children become increasingly aware of the social rules governing sexual behavior and language (such as the importance of modesty or which words are considered "naughty"), they may try to test these rules by using naughty words. They may also ask more questions about sexual matters, such as where babies come from, and why boys and girls are physically different. (For more, see **Table 1.**)

Table 1: Common Sexual Behaviors in Childhood[1, 3, 6]

Preschool children (less than 4 years)	■ Exploring and touching private parts, in public and in private ■ Rubbing private parts (with hand or against objects) ■ Showing private parts to others ■ Trying to touch mother's or other women's breasts ■ Removing clothes and wanting to be naked ■ Attempting to see other people when they are naked or undressing (such as in the bathroom) ■ Asking questions about their own—and others'—bodies and bodily functions ■ Talking to children their own age about bodily functions such as "poop" and "pee"
Young Children (approximately 4-6 years)	■ Purposefully touching private parts (masturbation), occasionally in the presence of others ■ Attempting to see other people when they are naked or undressing ■ Mimicking dating behavior (such as kissing, or holding hands) ■ Talking about private parts and using "naughty" words, even when they don't understand the meaning ■ Exploring private parts with children their own age (such as "playing doctor", "I'll show you mine if you show me yours," etc.)
School-Aged Children (approximately 7-12 years)	■ Purposefully touching private parts (masturbation), usually in private ■ Playing games with children their own age that involve sexual behavior (such as "truth or dare", "playing family," or "boyfriend/girlfriend") ■ Attempting to see other people naked or undressing ■ Looking at pictures of naked or partially naked people ■ Viewing/listening to sexual content in media (television, movies, games, the Internet, music, etc.) ■ Wanting more privacy (for example, not wanting to undress in front of other people) and being reluctant to talk to adults about sexual issues ■ Beginnings of sexual attraction to/interest in peers

Once children enter grade school (approximately ages 7–12), their awareness of social rules increases and they become more modest and want more privacy, particularly around adults. Although self touch (masturbation) and sexual play continue, children at this age are likely to hide these activities from adults. Curiosity about adult sexual behavior increases—particularly as puberty approaches—and children may begin to seek out sexual content in television, movies, and printed material. Telling jokes and "dirty" stories is common. Children approaching puberty are likely to start displaying romantic and sexual interest in their peers. (For more, see **Table 1.**)



Although parents often become concerned when a child shows sexual behavior, such as touching another child's private parts, these behaviors are not uncommon in developing children. Most sexual play is an expression of children's natural curiosity and should not be a cause for concern or alarm. In general, "typical" childhood sexual play and exploration:

- Occurs between children who play together regularly and know each other well
- Occurs between children of the same general age and physical size
- Is spontaneous and unplanned
- Is infrequent
- Is voluntary (the children agreed to the behavior, none of the involved children seem uncomfortable or upset)
- Is easily diverted when parents tell children to stop and explain privacy rules

Some childhood sexual behaviors indicate more than harmless curiosity, and are considered sexual behavior problems. Sexual behavior problems may pose a risk to the safety and well-being of the child and other children. (For more on this topic, see the National Child Traumatic Stress Network's factsheet, Understanding and Coping with Sexual Behavior Problems in Children: Information for Parents and Caregivers at http://nctsn.org/nctsn_assets/pdfs/caring/sexualbehaviorproblems.pdf.) Sexual behavior problems include any act that:

- Is clearly beyond the child's developmental stage (for example, a three-year-old attempting to kiss an adult's genitals)
- Involves threats, force, or aggression
- Involves children of widely different ages or abilities (such as a 12-year-old "playing doctor" with a four-year-old)
- Provokes strong emotional reactions in the child—such as anger or anxiety

Responding to Sexual Behaviors

Situations like the one described at the beginning of this handout can be unsettling for parents. However, these situations also offer excellent opportunities to assess how much children understand and to teach important information about sexual matters.

The first step is to try to figure out what actually happened. To do this, it's important to stay calm. Staying calm will allow you to make clear decisions about what you say and/or do, rather than acting on strong emotions.

To remain composed, try taking a long, deep breath, counting to ten, or even closing the door and stepping away for a couple of minutes before saying anything. In the case described above, a parent might calmly tell the children that it's time to get dressed and then ask each child to go to a different room in the house. After taking a few moments to collect his or her thoughts—and to consult with a spouse or partner if feeling very unsettled— the parent could then talk to each child one-on-one.

When talking to children about sexual behaviors, it's important to maintain a calm and even tone of voice and to ask open-ended questions as much as possible, so the children can tell what happened in their own words, rather than just answering yes or no. So, in this case, a parent might ask each child:

- What were you doing?
- How did you get the idea?
- How did you learn about this?
- How did you feel about doing it?

In the opening scenario, all of the children involved were about the same age, had been playmates for some time, and seemed to be enjoying their game. So, it's likely the children were just curious and playing around and that no one was upset about what happened. If you encounter a situation where the children are a little embarrassed but otherwise not distressed, this can present an ideal opportunity for teaching the children about healthy boundaries and rules about sexual behavior.

Myth: Talking about sex with my children will just encourage them to become sexually active.

Fact: In a recent survey of American teens, 9 out of 10 teens said it would be easier to delay sexual activity and prevent unwanted pregnancy if they were able to have "more open, honest conversations" with their parents on these topics.[7] When you talk honestly with your children about sexual issues, you can give them the knowledge and skills they need to keep safe and to make good decisions about relationships and intimacy.

Educating Children about Sexual Issues

Just because a behavior is typical doesn't mean the behavior should be ignored. Often, when children participate in sexual behavior it indicates that they need to learn something. Teach what the child needs to know, given the situation. In this case, for example, the parent might teach the children that it's okay to be curious about other people's bodies, but that private parts should be kept private, even with friends.

Although children usually respond well when parents take the time to give them correct information and answer their questions, it is important to provide information that is appropriate to the child's age and developmental level. In **Table 2**, you will find an overview of some of the most important information and safety messages for children of various ages. Keep in mind that you do not need to bombard children with information all at once. Let the situation—and the child's questions—guide the lessons you share. The important thing is to let children know that you are ready to listen and to answer whatever questions they may have.

Too often, children get the majority of their sexual education from other children and from media sources such as television shows, songs, movies, and video games. Not only is this information often wrong, it may have very little to do with sexual values that parents want to convey. Explicit adult sexual activities are sometimes found during "family time" television shows, in commercials, and on cartoon/children's channels, and can have an influence on children's behaviors.

Controlling media exposure and providing appropriate alternatives is an important part of teaching children about sexual issues. Get to know the rating systems of games, movies, and television shows and make use of the parental controls available through many internet, cable, and satellite providers.

However, don't assume that just by activating those controls you will be taking care of the situation. It's very important for you to be aware of what your children are watching on television and online, and make time to watch television with them. When appropriate, you can use this time as a springboard to talk about sexual or relationship issues, and to help children develop the skills to make healthy decisions about their behavior and relationships.

Table 2: What to Teach When[8]

Preschool children (less than 4 years)

Basic Information

- Boys and girls are different
- Accurate names for body parts of boys and girls
- Babies come from mommies
- Rules about personal boundaries (for example, keeping private parts covered, not touching other children's private parts)
- Give simple answers to all questions about the body and bodily functions.

Safety Information

- The difference between "okay" touches (which are comforting, pleasant, and welcome) and "not okay" touches (which are intrusive, uncomfortable, unwanted, or painful)
- Your body belongs to you
- Everyone has the right to say "no" to being touched, even by grownups
- No one—child or adult—has the right to touch your private parts
- It's okay to say "no" when grownups ask you to do things that are wrong, such as touching private parts or keeping secrets from mommy or daddy
- There is a difference between a "surprise"—which is something that will be revealed sometime soon, like a present—and a "secret," which is something you're never supposed to tell. Stress that it is never okay to keep secrets from mommy and daddy
- Who to tell if people do "not okay" things to you, or ask you to do "not okay" things to them

Young Children (approximately 4-6 years)

Basic Information

- Boys' and girls' bodies change when they get older.
- Simple explanations of how babies grow in their mothers' wombs and about the birth process.
- Rules about personal boundaries (such as, keeping private parts covered, not touching other children's private parts)
- Simple answers to all questions about the body and bodily functions
- Touching your own private parts can feel nice, but is something done in private

Safety Information

- Sexual abuse is when someone touches your private parts or asks you to touch their private parts
- It is sexual abuse even if it is by someone you know
- Sexual abuse is NEVER the child's fault
- If a stranger tries to get you to go with him or her, run and tell a parent, teacher, neighbor, police officer, or other trusted adult
- Who to tell if people do "not okay" things to you, or ask you to do "not okay" things to them

School-Aged Children (approximately 7-12 years)

Basic Information

- What to expect and how to cope with the changes of puberty (including menstruation and wet dreams)
- Basics of reproduction, pregnancy, and childbirth
- Risks of sexual activity (pregnancy, sexually transmitted diseases)
- Basics of contraception
- Masturbation is common and not associated with long term problems but should be done in private

Safety Information

- Sexual abuse may or may not involve touch
- How to maintain safety and personal boundaries when chatting or meeting people online
- How to recognize and avoid risky social situations
- Dating rules

If you are unsure of what to say to your child about sexual issues, don't be afraid to do some research. In addition to talking to your pediatrician or doctor, you can turn to online resources such as the Sexuality Information and Education Council of the United States' (SIECUS) *Families Are Talking* websites (listed below). There are also several excellent books available on talking to children about sexual issues, as well as books that you and your children can read together. (For a partial listing, see **Table 3.**)

Table 3: Additional Resources for Communicating with Children About Sexual Issues

For You	
Books	Haffner, Debra W. (2008). *From diapers to dating: A parent's guide to raising sexually healthy children-- from infancy to middle school, 2nd edition*. New York: Newmarket Press. Author Debra Haffner provides practical advice and guidelines to help you talk to children and early adolescents about sexuality. Includes techniques to identify and examine your own sexual values so that you can share these messages with your children. Hickling, Meg. (2005). *The new speaking of sex: What your children need to know and when they need to know it*. Kelowna, BC, Canada: Wood Lake Publishing, Inc. This update of the bestselling *More Speaking of Sex* is packed with no-nonsense, accurate, and gently funny information on sexuality and sexual health. Author Meg Hickling dispels misconceptions and unhealthy beliefs about sex, provides guidelines on how to talk with children at various stages of their development, and offers examples of how to answer tough questions. Roffman, Deborah M. (2002). *But how'd I get in there in the first place? Talking to your young child about sex*. New York: Perseus Publishing. Sexuality and family life educator Deborah Roffman provides clear, sensible guidelines on how to talk confidently with young children about sexual issues, including how to answer sometimes-awkward questions about sexuality, conception, and birth. Roffman, Deborah M. (2001). *Sex and sensibility: The thinking parent's guide to talking sense about sex*. New York: Perseus Publishing. This book is designed to inspire honest communication about sexuality between parents and their children. It focuses on the core skills parents need in order to interpret and respond to virtually any question or situation, with the goal of empowering children through knowledge.
Online Resources	The **Committee for Children** offers tips on how to teach children about safe touch (http://www.cfchildren.org/issues/abuse/touchsaferules/) as well as general information on how to talk to your child about sexual issues (http://www.cfchildren.org/issues/abuse/touchsafety/). The **Sexuality Information and Education Council of the United States' (SIECUS)** *Families Are Talking* websites contain a wealth of information and resources to help you talk with children about sexuality and related issues (http://www.familiesaretalking.org and http://www.lafamiliahabla.org).
For Your Children	
Books	Bell, Ruth. (1998). *Changing bodies, changing lives: Expanded 3rd edition: A book for teens on sex and relationships*. New York: TimesBooks. *For ages 9 and up.* Designed to help young people make informed decisions about their lives, *Changing bodies, changing lives* provides answers to tough questions about how the body works and about sex, love, and relationships. It's packed with illustrations, checklists, and resources, as well as stories, poems, and cartoons from hundreds of teenagers. Brown, Laurie Krasny. (2000). *What's the big secret? Talking about sex with girls and boys*. New York: Little, Brown Books for Young Readers. *For ages 4–8.* This colorful and chatty book uses illustrations, cartoons, and very accessible text to explain the basics of anatomy, reproduction, pregnancy, and birth. Also discusses feelings, touching, and privacy. Hansen, Diane. (2007). *Those are MY private parts*. Redondo Beach, CA: Empowerment Productions. *For ages 4–8.* This short, easy-to-read book uses colorful illustrations and catchy rhymes to teach children that no one—relative, friend or neighbor—has a right to touch them in a way that makes them feel uncomfortable.

For Your Children (continued)

Harris, Robie H. (2006) *It's NOT the stork: A book about girls, boys, babies, bodies, families and friends.* Somerville, MA: Candlewick Press.

For ages 4 and up. This lively, engaging book uses two cartoon characters--a curious bird and a squeamish bee--to give voice to the many emotions and reactions children experience while learning about their bodies. The information provided is up-to-date, age-appropriate, and scientifically accurate, and is designed to help kids feel proud, knowledgeable, and comfortable about their bodies and how they were born.

Harris, Robie H. (2004) *It's perfectly normal: Changing bodies, growing up, sex, and sexual health.* Somerville, MA: Candlewick Press.

For ages 10 and up. Providing accurate, unbiased answers to nearly every imaginable question, from conception and puberty to birth control and AIDS, *It's perfectly normal* provides young people with the information they need to make responsible decisions and to stay healthy.

Harris, Robie H. (2004) *It's so amazing!: A book about eggs, sperm, birth, babies, and families.* Somerville, MA: Candlewick Press.

For ages 4 and up. It's so amazing! provides answers to children's questions about reproduction, sex, and sexuality. The comic-book style artwork and clear, lively text reflects an elementary-school child's interest in science and how things work. Throughout the book, a curious bird and a squeamish bee help tell the story of how a baby is made--from the moment an egg and sperm join, through pregnancy, to birth. *It's so amazing!* also addresses and provides reassuring, age-appropriate information on love, sex, gender, families, heterosexuality, homosexuality, sexual abuse, and HIV and AIDS, while giving children a healthy understanding of their bodies.

Madaras, Lynda. (2007). *The "What's happening to my body?" book for girls, revised 3rd edition.* New York: Newmarket Press.

Madaras, Lynda. (2007). *The "What's happening to my body?" book for boys, revised 3rd edition.* New York: Newmarket Press.

For ages 10 and up. These books—part of the acclaimed *"What's Happening To My Body?"* book series by the same author—provide sensitive straight talk on children's changing bodies, diet and exercise, romantic and sexual feelings, and puberty in the opposite sex. They also include information on sensitive topics such as eating disorders, sexually transmitted diseases, steroid use, and birth control.

Mayle, Peter. (2000). *"What's happening to me?" An illustrated guide to puberty.* New York: Kensington Publishing.

For ages 9–12. For more than 20 years, *"What's happening to me?"* has been helping young people—and their parents--navigate the "time in between" childhood and adolescence.

Mayle, Peter. (2000). *Where did I come from? The facts of life without any nonsense and with illustrations.* New York: Kensington Publishing.

For ages 4–8. Dedicated to "red-faced parents everywhere," *Where did I come from?* covers the basic facts of sexuality from physiology to love-making, orgasm, conception, growth inside the womb, and childbirth. The illustrations are clear and realistic, and the text does an excellent job of explaining things in an age-appropriate way.

Schaefer, Valorie. (1998) *The care & keeping of you: The body book for girls.* Middleton, WI: Pleasant Company Publications.

For ages 7-12. This "head-to-toe" guide addresses the variety of changes that occur with puberty, and answers many of the questions girls have, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

Parents play a pivotal role in helping their children develop healthy attitudes and behaviors towards sexuality. Although talking with your children about sex may feel outside your comfort zone, there are many resources available to help you begin and continue the conversation about sexuality. Providing close supervision, and providing clear, positive messages about modesty, boundaries and privacy are crucial as children move through the stages of childhood. By talking openly with your children about relationships, intimacy, and sexuality, you can foster their healthy growth and development.

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